Quick Connect Fastener and Connection Abstract

A connecting fastener is provided. The fastener includes a cylindrical base that includes a first end and a second end and a wall. A central bore is defined in the base and an aperture is defined in the wall. At least one projection extends from an inner surface of the wall into the central bore proximate the first end of the base. A cylindrical collar has a first end disposed proximate the second end of the base, defines a central bore and includes a wall that defines a gap in the wall and a central bore. A shoulder is connected to and extends between the second end of the base and the first end of the collar along at least a portion of the respective circumferences of the base and the collar. A method of connecting tubing is also provided.